

## Lunch Menu Week 3

15-21 May 2022

	15	16	17	18	19	20	21
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Grilled chicken with gravy sauce	Beef acos	BBQ. pork noodle soup	Chicken bucket	Chicken noodles curry soup	Chicken & pork hamburger	Fried chicken with sticky rice
Asian food	Stir fried shrimp with bell pepper	Chicken green curry	Stir fried pork with basil & bamboo shoots	Pineapple & pork curry with coconut milk	Southern spicy pork with herbs	Chicken & winter melon curry with coconut milk	Braised beef with vegetables
	Bacon wrapped sausage	Stir fried pork with chili paste	Stir fried chicken with garlic	Lemongrass fish	Chicken & winter melon clear soup	Eggs with tamarind sauce	Fishball & vegetables clear soup
Vegan Food	Tofu panang curry	Tofu Indian curry	Mixed vegetable & tofu curry with coconut milk	Stir fried eggplant with basil	Chana masala	Fruit curry with coconut milk	Tofu & mushroom tom yum soup
Gluten Free Food (Asian)	Stir fried Taiwan vegetables	Stir fried Chinese cabbage with egg	Stir fried morning glory	Stir fried asparagus	Stir fried cucumber with egg	Stir fried mixed vegetable	Stir fried bog choy with egg
Gluten Free Food (Western)	Hawaiian roast pork	Grilled fish with tomato salsa	Beef stew	Macaroni & cheese	Fish with lemon butter sauce	Chicken stewed	Baked shrimp with garlic & cheese
Pasta	Pasta & tomato sauce	Pasta & chicken alfredo sauce	Pasta & pesto sauce	Pasta & tomato sauce	Pasta & beef bolognese sauce	Pasta & cabonara sauce	Pasta & tomato sauce
Salad	Various salads	Various salads	Various salads	Various salads	Various salads	Various salads	Various salads
Dessert	Fresh cut fruit	Bakery Fresh cut fruit	Fruit juice Milk drink Fresh cut fruit	Yoghurt Fresh cut fruit	Thai dessert Fresh cut fruit	Assorted ice cream Fresh cut fruit	Fresh cut fruit
Everyday Items	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads, Steamed rice, Green peas with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads, Steamed rice, Grilled bell pepper with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes

\*Menu changed may be appropriate\*